

Funny odour - always present in minute form. Musty hay odour.
3. 1st cousin to 2. All same reaction w exception of odour. None.

4. 1/2 sister of 1. Refused - more or less persistent type & semi-persistent. Evaporates very quickly w slight residue behind. Strong tear gas. Lives itself away in minute quantities. Accumulate in effluvia. "Mild asthma" effect. G & P has following explanation.

Bleeder Gases - Most successful in cold war. Any form causes irritation, redness & blisters. Drying 2 any part of body. Can penetrate clothes. Produces ulcers, blisters - long in healing, why imp. Prolonged exposure to vapour to eye permanently injured. Liquid can be used to vapour affecting food - intestinal intestinal trouble. Reddening of skin.

Mustard - (Yperite (Pr.) yellow fluid like (them) colourless in liquid. Persistent. Adren Chief doctrine if can spot. How in effects Cause highly soluble in fats, oils & tar - then absorbed. Owing to solubility of fats goes thru skin & fat cells slow & causes blisters. Hard to help. Freeze very easily. In ice form minute. Will penetrate anything not metal, glaze or glass. Will go thru 8" of brick strong enough to contaminate any building. Size of pin head or on sleeve go thru as up as 54 & blister size of 50 & 240

Ordinary clothing no protection.

1. In exposure 2 1 hr.
will give condition of eye from 10 sec 2
2. wts 2 clear. See or feel symptoms
immediate steps taken to clear.
Hard to get rid of. Not soluble in
water. Use of water & soap to
remove from skin.

Leucisite - Sweet end of war. Probably
out of ingenuity of developer. Nasal,
tear gas, powerful - long - intense &
super - powerful reagent. + lots of arsenic.
Killed from mustard - doesn't freeze.
Lower freezing pt than water. ∴ likely in
winter. Broadly effective same as M.
Best effects much more rapid
Tumes & liquids equally effective.
Liquid in eye 100% blindness. Characteristic
odor - Glauconium - Most striking delicate
effect to absorption of gas. Main helps.
Water split into hydro - chloric acid
will go thru wet clothes and so as
likely. Blister different by M - Hard
to remove out w. lowest blister. Break
Blister at earliest moment. Arsenic
soon rapidly re-absorbed ∴ both blisters.
Arsenic & arsenical treatment to take care of.
Killed and dy. Highly concentrated of
arsenic in blister - not corrected.

Health, Safety & Sanitation.

Any organizations etc starting a camp should be familiar with the regulations of the Department of Health. Advantage should be taken of every opportunity in the camp program to further the health education of the camper.

Health

I. The Camp Examination

- A. Child & staff physical exam by M. D. within week before camp begins.
- B. To determine physical fitness - selecting child, family & camp.

II. Personnel

A. Camp Physician.

1. M. D. at camp or very close.
2. Suitable qualifications a Resident doc. medical school grad. with Hon. & Child Training.
3. Grad. with Hon. ...
4. - of recognized school.

B. Camp Nurse.

1. Registered Nurse in Residence unless M. D.
2. Experience to A. Experience in school work.
3. Training in public health work.

C. Dietitian.

Resident institutional dietitian, at least the services of a consulting in emergency cases.

III. Health Service Equipment.

A. Camp Infirmary.

1. Tent building or isolated room, equipped as & used only as an infirmary.
2. Located to insure privacy & quiet. 242
3. Bath room, etc., provided with W.C.

Surgical dressings, medicines necessary, &
an isolation unit for children having or
suspected of communicable diseases.

- A. Beds not closer than 6' from side to side & 4' end to end.
B. First-aid kit

Placed in all strategic points about camp property.

C. Transportation & Telephone

1. " available always in case of emergency.
 2. If camp has no tel. access & nearest one day's ride.
- IV. Responsibility in Case of Illness or Injury

A. System set. for reports, records, daily treatment
sheets, & record sheets for individual campers & staff.

B. All medical & surgical cases referred by camp
medical unless not available than best qualified gen. prac.

C. Space or C. application - parents state in case of
emergency camp has authority & use discretion in
case of child pending. Ability of doc. designated by
parent. He assumes responsibility for the camper.

2. Removal as soon as possible

to a specified hospital

D. Any illness or injury reported that day &
parents receive other arrangements made. If severe -
parents notified by tel. & let.

E. Administration of serum not carried out with-
out consent of parent or guardian. Written consent required

V. Health Practices

A. Practice & The Camp Program & Act.

Direct relationship between program
& act. policies of camp & health of camper.
Infections, pressures, & strains put upon a
by a competition, over strenuous over-
crowded, over stimulating program are a
serious threat to camper's health.

243. Program not arranged so undue fatigue
& overstrain result in lowering camper's

assistance to disease or deprive him of
benefits from camp life.

2. Daily rest & quiet hrs. at least 6 or 8 hrs.
Complete rest & relaxation no act. or mind work.

3. No setting up Ex. Morning dips not
compulsory only for robust campers.

4. Half alert for individual differences
in maturation & growth & for resulting necessary
gradation in athletics, skill, muscular
coordination & in personal adjustment to
camp life.

B. Mental Health.

Teachers take into consideration
influence of social & emotional adjustment
in child health & make efforts to secure
for each child ^{well} adjustment to act. life.
Spirit of camp in all should be a
feeling of happiness & security in camp & in
a satisfactory camp - even in some little
interrelationship & interdependence of physical
intellectual & emotional aspects of child's life.

C. Care of individual camper.

Every camper should be informed
that she is given to her some personal care &
in order that physical health may be bettered.

D. Dining Room Procedure.

Well-balanced & cooked meals & social center.

E. Supplementary Foods.

The interesting strict regular diet of food campers.

F. Laundry.

When no commercial laundry is
employed for camp laundry facilities for individ.

G. Food Handlers.

R. R. - only 3 rules of Board of
Health governing food employees of camp. 244

B. F. A. present a certificate of annual exam. by camp doctor. Statement of A. D. for from T. B. Typhoid, syphilis etc. must be made a week before arrival.

Safety

Safety - part of instruction where accidents are more likely to occur. Responsibility of staff - leadership of such act. Safety rules of program as proper use of tools.

2. adequate supervision & placement of equipment in the craft shop.

3. Safe conduct during hikes on highway & on the woods.

4. proper use & care of sports equipment.

5. safe conduct on trips outside camp, etc.

6. supervision to control accidents during free periods.

1. Accident Report

Standard accident report adopted.

2. Boating Rules

1. Adequate supervision & qualified instruction.

2. Addition - one for each 5 persons swimming ^{same} at ^{one} time.

3. Swimming period decided by camp leader, suitability & c. of water front, not longer than 30 min.

4. Boating & boating

1. All those in charge of boating - also experienced.

2. Boats, etc. used for instruction purposes under direction of staff, experienced, skilled.

3. Regulations posted at waterfront. Commission named one in charge. Camp, Campers, staff, visitors, etc.

5. Waterfront Equipment

All equipment approved by Red Cross.

V. Hazards

1. Camp site, etc. kept in order up & upkeep to eliminate accidents.
2. A. Hazards - loose stones, dead trees, stumps, etc. Trail free from stumbling hazards.
3. B. Pits or excavations filled & patrolled.
4. C. Tools thru woods, rocks, etc. Lighthouses.
5. D. Broken steps - rails, etc. removed or replaced.
6. E. Everyone familiar with poison ivy, etc. Taught methods of destruction of such sources of danger.
7. F. Regular inspection of inside fireplaces, etc. conducted.

2. Fire-protection.

- A. Fire extinguishers convenient - regularly inspected.
- B. Barrel of water & pails available. Prohibited open fires & smoking.
- C. Arrangement of emergency assistance with fire-fighters, etc. In woods - permission to build fires, etc. All fire regulations scrupulously followed.

Sanitation

1. Water

A. Drinking Water.

Surface or cistern water used only under conditions approved by local health authorities. Water supplies not intended for drinking use shall not be connected to kitchen sinks, etc.

B. Swimming Water.

Of acceptable physical ^{& bacterial} quality.

II. Sewage.

1. A. More toilets conveniently located - properly constructed & maintained. Not open to waste no accessible to flies - not visible surface soil. Toilets room well ventilated & lighted.

1. Liquid Waste Disposal Other Than Sewage.

All liquid waste discharged to sewer.

10 Milk & Cream.

Pasteurized & purchased from milk seller. When unavailable - Sterilized evaporated or condensed milk. From camp cows - under satisfactory sanitary conditions. Milk stored 5-8°. Milk & C. used largest possible tubing not refrigerated if not kept below 5°. Dispensing of M. from cans prohibited. Left-over milk used for cooking. All milk for black must be prepared from properly pasteurized ingredients.

11 Ice

Artificial ice recommended. If unavailable in harvested from unpolluted water.

12 Food Handling.

Any person ill or having any discharge shall not prepare or handle food. Contact of hands to food etc. reduced. Use soap, etc.

13 Garbage.

Containers - adequate in wt. ^{light} clean, etc. Garbage removed at least every 2 days.

14 Rubbish & Refuse disposal

All rubbish etc. removed frequently.

15 Domestic Animals

Horses, cows etc. maintained on camp property quarantined within 500' of any kitchen or mess hall & living yds. Temporary shelters, coops, etc. not within 500' of any place where food is prepared-cooked. Measure not exceed more than 12 hrs. Prevent animals from becoming breeding places for flies etc. No horses, dogs or animals in bathing beaches or such areas. Drainage from tank not allowed to run into any spring stream or lake.

16 Sleeping & Living Quarters.

All sleep & quarters are clean

for sufficient ventilation & light.
All screened unless other means
for prevention of flies used. Floors
sanded, easily cleaned & in good repair.
Must laying compound & used when sweeping.

XI Insect & Rodent Control

Presence of insects, the control
as to development & elimination.

XII Cleanliness for Towels and Linen, etc.

All laundry kept freshly
laundered for each morning change
& kept seasonably clean at all times.

Riding.

3 things - Social, Physical and Mental.
all add up to Safety.

The first essential is Confidence. Then Rhythm and Balance. Sit in center of saddle. For beginners lean forward just the slightest bit. When you sitting properly you should be able to see the tip of your foot over your knee. 3 reasons throw things away from horse removes calf of leg from horse, removes tendency to wrap legs around horse. Slight hollow in back behind shoulders.

5-15 Gals. of water a day. Drink after hard ride - moderate drink but must be kept moving.

Always water before grain and not again until approx. 2 hrs. after " is eaten".

Hay bulk of food. 12-15 lbs a day.

Hay dried in winter with hot manure-grain, flaxseed, etc.

Stable Management.

20 mins. a day of grooming because a horse is less apt to develop saddle sores. Also cracks in the heel from dirt.

Equipment - Curry comb (never used on horse body)
Dandy brush. (does major work)
Body " (takes out loose dirt)
Rub rag.

Sponge
Hoof pick.

Stitch must be clean